



DINING WITH DIABETES PROGRAM DEVELOPMENT



CONTACT

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Purpose

Nearly 1 in 10 Ohioans has been diagnosed with diabetes which, if not managed properly, can increase the risk for serious health problems, from heart disease to eye and foot complications. Diabetes costs Ohio \$5.9 billion annually in medical expenses, lost work, and early death.

To address this critical problem, OSU Extension's Dining with Diabetes (DWD) teaches ways to manage diabetes through menu-planning, carbohydrate-counting, portion control, label-reading, food demonstration and healthy recipe taste-testing.

Impact

The class is taught in three sessions by Family and Consumer Sciences Extension Educators and community partners throughout the state. In 2012, DWD was taught in 19 counties with over 394 participants

OHIO STATE COLLEGES/UNITS INVOLVED
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN
ECOLOGY
COLLEGE OF PUBLIC HEALTH
OSU EXTENSION
DEPARTMENT OF HUMAN NUTRITION

COMMUNITY PARTNERS INVOLVED
19 COUNTY EXTENSION AGENTS

